

Healthy Child Care



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Back-To-School Health Insurance and Health Care



Paper, pencils, backpacks, shoes—Missouri families will soon be working on getting necessary back-to-school supplies. As parents prepare their children for a successful school year, an important necessity is still eluding many—health insurance and regular health checkups for their children.

Many employers are not able to offer health insurance for their employees' children, and private insurance costs too much for many Missourians. Preparing for going back to school is a perfect time to let parents know they might be able to get MC+ for Kids for their children. MC+ is Missouri's health insurance

for families. MC+ is offered at no cost or low-cost for most families. Based on family income, a child will belong in one of three groups:

-  no cost
-  co-pay
-  monthly premium.

Most eligible children would fall into the no cost or co-pay groups. Children from families with higher incomes may have monthly premiums.

When children are not insured, they will likely begin school without an annual checkup, including hearing and vision exams.

Uninsured children probably won't get screening and treatment for common illnesses, like ear infections and asthma.

Children without insurance coverage experience more untreated health problems and miss school more often than children with health insurance.

When in school, their untreated health problems interfere with their ability to learn. For instance, if a child cannot clearly see the blackboard or hear the teacher, that child is more likely to have difficulty learning and may do poorly in school.

MC+ provides children with access to Healthy Children and Youth (HCY) exams. These are regular health care checkups, also known as well-child exams. Children who

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ASK THE BUREAU

If you would like to ask a question of the Bureau of Child Care to be considered for inclusion in the newsletter, please email Mary Ann Simmons at MaryAnn.Simmons@dhss.mo.gov.

I am the owner of a private child care center. For liability reasons, I have been advised to incorporate. I will serve as the Board Chairperson. Will this affect my license?

Yes. A child care license is issued to a specific owner at a specific address. When either the owner or the location changes, a new license is required.

By incorporating, ownership changes from you, as an individual, to a corporation. This resulting change in legal entity requires a new license.

As with any change of ownership, prior to issuing a license, a new licensing study must be completed. This study would include inspections by the Bureau of Child Care Environmental Public Health Specialist, the Child Care Facility Specialist and the Division of Public Safety Fire Inspector.

With sufficient notification prior to the actual change, the Bureau can issue a short-

term change of ownership license. This would allow the license to remain in effect while the licensing study is being completed. However, should the change of ownership occur before notifying the Bureau of Child Care, the license would become null and void since ownership of the facility would now belong to the corporation.

Please recall that a valid license must be in effect in order to comply with RSMo 210.211 and to be eligible for vendor day care payments and for reimbursement from the Child and Adult Care Food Program.

For further information regarding a change of ownership or for questions regarding any licensing rule(s), contact your Child Care Facility Specialist.

This publication provides topical information regarding young children who are cared for in child care settings. We encourage child care providers to make this publication available to parents of children in care or to provide them with the web address (www.dhss.mo.gov/ChildCare/HealthyChildCare) so they can print their own copy.

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EDITORIAL STAFF

Mary Ann Simmons
Child Care Program Specialist

Sue Porting
Assistant Bureau Chief

Deanna Long
Child Care Program Specialist

Kathy Penfold
Consultant Community
Health Nurse

Barbara Raymond
CACFP Program Specialist

Pamela Speer
Coordinator of Children's
Programs

Leslie Seifert
Health Program Representative
Genetics and Newborn Health

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Consumer Product Safety Commission

The U.S. Consumer Product Safety Commission (CPSC) is an independent federal regulatory agency that works to reduce the risk of injuries and deaths from consumer products. You can reach the CPSC through:

- The CPSC toll-free Hotline at (800) 638-2772 or (800) 638-8270 for the hearing and speech impaired.
- The CPSC web site at <http://www.cpsc.gov>

How to Obtain Recall Information

The U.S. CPSC issues approximately 300 product recalls each year, including many products found in child care settings.



Many consumers do not know about the recalls and continue to use potentially unsafe products. As a result, used products may be loaned or given to a charity, relatives, or neighbors, or sold at garage sales or secondhand stores. You can help by not accepting, buying, lending, or selling recalled consumer products. You can contact the CPSC to find out whether products have been recalled, and, if so, what you

should do with them. If you have products that you wish to donate or sell and you have lost the original packaging, contact the CPSC for product information.

To receive CPSC's current recall information automatically by email or fax or in a quarterly compilation of recalls sent by regular mail, call CPSC's Hotline and after the greeting, enter 140, then follow the instructions given.

Each issue of this newsletter will highlight a recalled product or a safety issue; however, it would be wise to check with the CPSC on a regular basis for more comprehensive information.

CPSC, NBTY Inc. Announce Recall of Multivitamins

In cooperation with the U.S. Consumer Product Safety Commission, NBTY Inc. of Bohemia, N.Y. announced a voluntary recall of approximately 12,000 bottles of Nature's Bounty and Natural Wealth Brand Multivitamins manufactured in the United States.

The vitamins contain iron but do not have child-resistant packaging as required by federal law. They could cause serious injury or death if ingested by a child. No incidents have been reported. However, consumers should keep this product out of the reach of children and return it to the store where it was purchased or contact NBTY for information on receiving a refund or replacement.

These multivitamins have lot number 60835-06 written on the label. The recalled vitamins were sold in containers of 100 caplets. The containers are both clear with white caps. They are labeled "Nature's Bounty Multi-Day Multivitamin Plus Iron" or "Natural Wealth Daily Vitamin Plus Iron" and were sold at various drug and grocery stores and independent distributors nationwide from July 2004 through March 2005 for about \$4.

Consumers can call NBTY at (800) 433-2990 between 9 a.m. and 7 p.m. ET Monday through Friday. They can also visit www.naturalwealth.com or www.naturesbounty.com for more information about this recall.

"HEALTHY DOZEN" LIST - TODDLERS

U.S. Surgeon General Richard H. Carmona, M.D., M.P.H. has declared this "The Year of the Healthy Child". Dr. Carmona recently outlined a dozen tips to help keep toddlers safe and healthy.

1. Teach healthy eating. Feed toddlers at the same time as others, offer nutritious foods and let them decide how much to eat.

2. Begin a habit of good oral health. Brush a child's teeth until he can do it himself (age 3 or 4).



3. Don't smoke. And don't allow anyone else to smoke around children in your care. Secondhand smoke can have long-term respiratory consequences. Diseases of the respiratory system are the leading causes of child hospitalization and one of the leading causes of doctor visits for toddlers.

4. Give positive feedback. Hug, talk, read, explore and play together to ensure a healthy bond.

5. Always use a car safety seat which is age- and weight-appropriate and correctly installed in the back seat.

6. Safety-proof your house.

- ♥ Move all medications and cleaning products out of a child's reach.

- ♥ Be sure no part of a toy is small enough to go through a paper towel roll; it could become a choking hazard.

- ♥ Do not give toddlers under 2 years of age food like hard candy, large pieces of raw vegetables or fruits, or tough meat. They may cause choking.

- ♥ Install a toilet lid lock on every toilet in the house. Drowning can happen in less than a couple of inches of water.

7. Never leave your toddler unattended. It just takes a few seconds for an inquisitive toddler to get into a dangerous situation.

8. Make sure each child has a primary health provider who knows her before she has an illness, injury, or developmental delay that requires medical attention.

9. Make sure each child is fully immunized. Immunizations have prevented death and disease for millions of children.

10. Learn child first aid and CPR. Know how to call for help, including poison control (1-800-222-1222).

11. Practice prevention and safety. Teach each child to:

- ♥ Swim with a buddy;
- ♥ Wear a bicycle helmet;
- ♥ Apply SPF 30 sunscreen;
- ♥ Know her name, her parents' names and phone number;
- ♥ Recognize police and fire officials as trusted individuals.

12. Have fun. Caring for children is difficult. All caregivers sometimes feel overwhelmed. If you feel stressed and unable to cope with the demands of caregiving, get help.

For more information on "The Year of the Healthy Child" visit










www.surgeongeneral.gov

Submitted by:
Barbara Raymond, RD, IBCLC
DHSS, CACFP Program Specialist
Division of Community Health,
Community Food and Nutrition
Assistance
573-751-6269

Continued from page 1

get well-child exams and regular follow-up care get what they need to do their best in school—and in life. Sports physicals usually can be done as part of a well child exam.

Children enrolled in MC+ are covered for:

-  shots
-  doctor visits
-  hospital stays
-  emergency room visits
-  prescriptions
-  lab tests
-  X-rays
-  vision
-  dental
-  mental health care.

Insured children who get regular well-child exams are healthier children. *Healthier children make better learners.*

Parents of insured children have greater peace of mind. Information and applications are available with a free call to

1.877.Kids Now

(1.877.543.7669)

or by logging on to www.dss.mo.gov/mcplus.

Submitted by:
Victoria Warren, M.S.
DHSS, Section for Chronic Disease
Prevention & Health Promotion
573-522-2851

Out of the Mouths of Babes

While completing a monitoring inspection form at a child care center, I was wearing my reading glasses. A 4-year-old boy approached me and asked why I was wearing my glasses on the tip of my nose. I explained, and he started away. Then he stopped, looked out of the corner of his eye, and said, “Well, you look like Mr. Potato Head”.

CACFP Training Dates

Orientation

Cape Girardeau	09/23	10/14	11/18	12/16
Independence	09/27	10/18	11/15	12/13
Jefferson City	09/15	10/13	11/17	12/08
Springfield	09/27	10/25	11/15	12/06
St. Louis	09/16	10/14	11/10	12/16

Infant Feeding

Cape Girardeau	09/23	10/14	11/18	12/16
Independence	09/27	10/18	11/15	12/13

Mealtime Experience

Independence	10/19
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Menu Planning

Jefferson City	11/04
Springfield	10/13

Training information may also be obtained at www.dhss.mo.gov/cacfp/training.html.



Chickenpox Vaccine

Required for School Attendance

Beginning with the 2005-06 school year, Missouri will join 39 other states in requiring varicella vaccines for children starting kindergarten with the 2005-06 school year.

Children will be required to have the **vaccine or a statement signed by the parent/guardian or physician** indicating the month and year the child had chickenpox disease.

Varicella vaccine is recommended for susceptible persons in the following high-risk groups:

- Those in environments where transmission of chickenpox is likely, e.g.:

- ⊕ Teachers of young children.
- ⊕ Child care employees.
- ⊕ Residents and staff members in institutional settings.

- Those in environments where transmission can occur, e.g.:

- ⊕ College students.
- ⊕ Inmates and staff members of correctional institutions.
- ⊕ Military personnel.

- Women of childbearing age who are not pregnant.
- Adolescents and adults living in households with children.
- International travelers.



If you or a loved one require this vaccine, please contact your private health care provider or your local health department.

Child's Medical Form

Are you using the most current version of the Medical Examination Report (Infant/Toddler & Preschool-Age Child)? If not or if you don't know, browse the Bureau of Child Care website for the most current version at www.dhss.mo.gov/ChildCare/AppsandForms.htm. You can download copies of these forms for your use.

Family faces are magic mirrors. Looking at people who belong to us, we see the past, present and future.
Gail Lumet Buckley, CAPPER'S, 01/04/05.

Drowning is...

A Quick And Silent Killer

In the time it takes to ...

➤ cross the room for a towel (*10 seconds*), a child in the bathtub can become *submerged*.

➤ answer the phone (*2 minutes*), that child can *lose consciousness*.

➤ sign for a package at your front door (*4 to 6 minutes*), a child submerged in the bathtub or pool can *sustain permanent brain damage*.

Despite a 40 percent decline since 1987, drowning is still the second leading cause of unintentional injury-related deaths to children ages 1 to 14. For every child who drowns, four more are hospitalized for near-drowning.

Knowing how and where children drown, as well as the concrete steps you can take to avoid danger, may make a life-and-death difference for a child.

High Risk

Most drownings and near-drownings occur in residential swimming pools.

More than half of these drownings take place in the

child's home pool, and one-third occur at the homes of friends, neighbors or relatives.

Children – especially younger ones – can drown in as little as 1 inch of water.

This puts them at risk of drowning in wading pools, bathtubs, buckets, diaper pails, toilets, spas and hot tubs.

Other Risk Factors

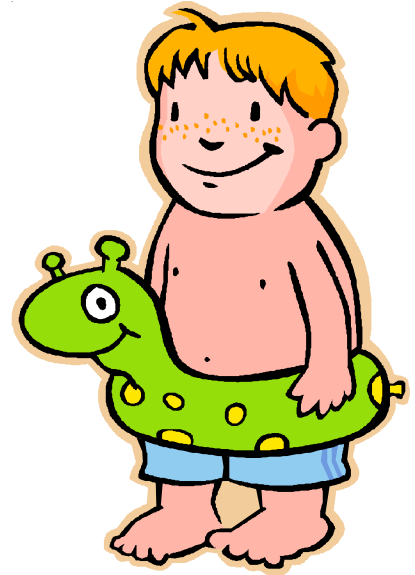
➤ The majority of children who drown in swimming pools were:

- ➔ Last seen in the home;
- ➔ Had been out of sight less than 5 minutes;
- ➔ Were in the care of 1 or both parents at the time.

➤ In-ground swimming pools without complete four-sided isolation fencing are 60% more likely to be involved in drownings than those with four-sided isolation fencing.

➤ Older children are more likely to drown in open water sites, such as lakes and rivers.

➤ Death rates from drowning are higher in the country than in cities and suburbs, in part due to decreased access to emergency medical care.



Tips for Keeping Children Safe

➤ Empty all buckets, pails and bathtubs completely after use. Do not leave them filled and unattended.

➤ Never leave a young child alone in a bathtub or in the care of another child, even for a moment.

➤ Keep young children out of the bathroom unless supervised. Teach others in the home to keep the bathroom door closed.

For more information on “The Year of the Healthy Child” visit

www.surgeongeneral.gov

Submitted by:
Joy Oesterly, DHSS
Section of Maternal, Child
and Family Health
573-751-6215

DANGEROUS NOISE LEVELS

From a whisper to a **SHOUT**, we are besieged by sound. We don't often stop to think of the impact of sound, however, noise louder than 80 decibels is potentially hazardous to hearing.

Listed below are [the average decibel levels of sound in our daily environment](#):

110-140 decibels—*painful*

- ✕ firearms
- ✕ air raid sirens

- ✕ jackhammer
- ✕ jet plane takeoff

80-110 decibels—*extremely loud*

- ✕ rock music
- ✕ snowmobile
- ✕ chain saw
- ✕ lawnmower

50-80 decibels—*very loud*

- ✕ alarm clock
- ✕ busy traffic
- ✕ vacuum cleaner
- ✕ dishwasher

30-50 decibels—*moderate to faint*

- ✕ conversation
- ✕ rainfall
- ✕ whisper

Prolonged exposure to loud noise usually causes hearing loss. Ear plugs should be worn around firearms, motors, etc.

To protect children, early screening for hearing loss should be a priority.

Submitted by Flora Storie
Speech/Language Pathologist

Alternate forms of this publication for persons with disabilities may be obtained by contacting the Missouri Department of Health and Senior Services, Bureau of Child Care, P.O. Box 570, Jefferson City, MO, 65102, 573-751-2450. Hearing impaired citizens telephone 800-735-2966 or VOICE 1-800-735-2466. EEO/AAP services provided on a nondiscriminatory basis.



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